

The mouse being honest

Posted by an honest mouse - 12 Apr 2010 13:31

I had been 21 days clean till friday then i fell and i just fell again, I was doing so well, looking forward to being back with my wife after nearly a year without being with her properly (coz of sickness during pregnancy and post pregnancy), i should've been clean for nearly a month when the time comes but i blew it and I feel really bad about it.

as soon as pesach finished and the summer came i felt like a protective shield had been removed, i felt exposed and vulnerable and now i've fallen lower than I have for a while. How do i get started over again ? pesach and long cleanliness for my wife where incentives which I've lost.

some thoughts and chizuk would be greatly appreciated, thanks!

p.s just posting here and knowing that others are tackling this problem too is really helpful, thanks to you all!

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Re: The mouse being honest

Posted by ZemirosShabbos - 03 Nov 2010 16:30

go easy on the rebbe, he probably saw a mouse in the pub and thought it was a neshoma megulgul in a mouse so he put on his flower bekeshe and made a loud broocha so the mouse could say amen, no knowing that the mouse wanted to make the brocha himself...

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Re: The mouse being honest

Posted by bardichev - 03 Nov 2010 16:32

ESS IS GOOT FARR A "MICE"EH

FLOWER BEKETSHA??

IM THE ONLY GEBLIMTER BEKITCHA IN ALL OF BARDSTOWN

NOW IN THE REST OF KENTUCKY LETS SEE???

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Re: The mouse being honest

Posted by ZemirosShabbos - 03 Nov 2010 16:39

[bardichev wrote on 03 Nov 2010 16:32:](#)

ESS IS GOOT FARR A "MICE"EH

FLOWER BEKETSHA??

IM THE ONLY GEBLIMTER BEKITCHA IN ALL OF BARDSTOWN

NOW IN THE REST OF KENTUCKY LETS SEE???

until Lipa gives a concert in Louisville...

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Re: The mouse being honest

Posted by an honest mouse - 03 Nov 2010 22:28

lol! you guys crack me up! ;D

rebbe reb bard - i am indeed from london (although i dont like pimms or beer, i still have too much polish in me - whiskey all the way!) i am from half of golders hill and half of stamford and im lorrying pretty well bH, thanks to everyone here!

Today I made myself purely work again for 1 hr in the morning and 1 hr in the afternoon, just work, no distractions, no nothing and it worked really well - i felt like i was accomplishing something, fulfilled, i was happy with *my* life so i didnt have to escape into something else!

y/h slight exageration there no? :-[

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Re: The mouse being honest

Posted by an honest mouse - 04 Nov 2010 09:44

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green...

Re: The mouse being honest

Posted by silentbattle - 04 Nov 2010 13:15

Fantastic! Thank you for making me smile right now!

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Re: The mouse being honest

Posted by an honest mouse - 04 Nov 2010 14:53

thanks sb, that means a lot! let me make you smile even more,

my boss called a meeting lunchtime but said it would be quick, so i wouldnt miss mincha at 1.30, but, it started late and dragged on and i missed all the lunchtime minchas around, shekiya (and nacht) is before i finish, so i cant rely on the later ones near home.

I was sulking and frustrated mamash like a 2 year old, i started lusting with passers by on the street, i felt very tempted to go into an internet cafe...

then i remembered my taphsic kaboloh, that was enough to snap me back to my senses, now i could think about why i was so frustrated, its RIDICULOUSLY inconsistent to be upset about missing a minyan and therefore feel the need to compensate by acting out!

I realised i was upset because *i* missed davening with a minyan, thats what *im* used to and it makes *me* feel good. Hashem obviously planned for me to miss the minayn, it was out of my control. Perhaps this whole episode was for to me to realise that i want to daven in a minyan for personal reasons, not coz Hashem wants me to, otherwise it would be much easier to accept when He doesnt want me too.

bH, i went to the shul i usually go to, davened b'yechidus learned for a few minutes and headed back, still sober but more importantly, more aware of my chisaron in closeness to my Maker.

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Re: The mouse being honest

Posted by Kedusha - 04 Nov 2010 14:58

Dear HM,

I'm glad you realized how ridiculous it would have been to act out due to this relatively minor

frustration. Even though I'm preaching to the choir, I'll give you a Mashal. Fred loses five dollars, and that stresses him out. Out of frustration, he starts flushing money down the toilet, until he needs to call a plumber. When the plumber tells him that the bill is \$50, he assaults the plumber out of frustration. When the police arrive, he aims his rifle out the window and opens fire. Somehow, he gets released on bail pending his trial for attempted murder. But, facing the prospect of conviction, he hires someone to kill the prosecutor.

I could go on and on. But, I've learned from experience that most of life's stressors are, relatively speaking, like losing five dollars, whereas falling is comparable to the rest of my story.

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Re: The mouse being honest

Posted by ZemirosShabbos - 04 Nov 2010 15:01

there, i did it already. you sound excellent, great to hear such good reports.

btw, what is level 2?

kedusha, that is a great mashal! thanks

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Re: The mouse being honest

Posted by frumfiend - 04 Nov 2010 15:08

Honest you sound great!

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reb AHM, can i smile too?

Re: The mouse being honest

Posted by ZemirosShabbos - 04 Nov 2010 15:15

mazel tov on your new avatar! you should zocheh legadlo letorah lechupah ulemasim tovim...

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wait a minute, what do you say for a new avatar?

Re: The mouse being honest
Posted by Yosef Hatzadik - 04 Nov 2010 15:17

[ZemirosShabbos wrote on 04 Nov 2010 15:01:](#)

btw, what is level 2?

An Honest Mouse is referring to his position on the 90 Day Chart [over here](#)

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Re: The mouse being honest

Posted by Yosef Hatzadik - 04 Nov 2010 15:22

[ZemirosShabbos wrote on 04 Nov 2010 15:15:](#)

mazel tov on your new avatar! you should zocheh legadlo letorah lechupah ulemasim tovim...

Ask the Leopard. he is whispering into Mouse's ear.

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Re: The mouse being honest

Posted by an honest mouse - 04 Nov 2010 23:47

great mashul kedusha! zs, of course u can smile! keep smiling! thanks for the brocho, we

i believe my choshuve chavrusa (reb yosef hatsadik shlita) already explained level 2 is on the 90 day chart, but just in case, it means i have 8 days clean - i think level 2 starts here coz its been a week... (although it should be after 7 days then, ive always been confused about that ???) level one is after 3 days, level 3 after 2 weeks etc...

kedusha is on level 22767467736744689 (give or take)

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named him mickey... :